



Cook time: 10 mins

Serves: 1

Prep time: 10 mins

# Mini Speedy Pizzas

## Ingredients

- 2 tbsp tomato pasta sauce or tomato paste
- 2 slices wholemeal bread
- 2 tbsp grated low-fat cheese
- 2 tbsp chicken cubes or canned tuna or other cooked meat
- 1 white mushroom, sliced
- 4 slices of eggplant
- ¼ capsicum (yellow or green) diced

## Method

- Preheat toaster oven.
- Use a roller to lightly flatten out the bread. Removing the bread crust can make it easier to flatten.
- Lightly toast the bread in the toaster oven.
- Spread tomato pasta sauce on toasted bread, top with chicken/tuna, mushrooms, vegetables and cheese.
- Place back in toaster oven until the cheese is melted.

### Nutrition Information (Per Serving):

Energy: 205kcal

Protein: 11.2g

Total fat: 3.4g

Carbohydrates: 36.4g

Dietary fibre: 17.9g